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NEWS
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Mooseheads add to the herd

Team picks up several locals
at QMJHL draft

PAGE 21

Howe's career all but done

Guilty verdict in sexual-assault
trial leaves lawyer screaming

PAGE 3

O Canada, you sure talk funny

A 'poutine' investigation of our
nation's 'loonie' brand of English

PAGE 12



Happy, healthy and loved

Halifax's miracle baby, three months later **EXCLUSIVE STORY, PAGE 4**

JEFF HARPER/METRO



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Burnside jail

Two inmates stabbed in jail fight

Halifax police are investigating an assault at the Central Nova Scotia Correctional facility that ended with two men in hospital.

A release from Halifax Regional Police states that the disturbance started Sunday morning when a 45-year-old inmate walked into a cell where a 23-year-old man was sleeping and began stabbing him with "some type of sharp object."

When other inmates saw what was happening, they attacked the 45-year-old man.

The release states that when police arrived around 8:45 a.m., the disturbance was over and all the parties involved had been separated.

The 45-year-old man and 23-year-old man were hospitalized with lacerations and stab wounds, but none of the injuries are considered life threatening.

METRO

Annapolis Valley

Suspected arson case investigated

RCMP in the Annapolis Valley say they're investigating a suspected case of arson.

Police say officers were called to a home on Old Runway Drive in Nictaux around 8:30 p.m. Saturday. The Nictaux Fire Department arrived shortly after and quickly extinguished the flames. The Mounties say a male suspect was arrested, although no charges have been laid.

THE CANADIAN PRESS



Lyle Howe quickly exits the courtroom on Saturday afternoon after he was found guilty of sexual assault but not guilty of administering a stupefying drug.
PATRICK MCKENNA/FOR METRO

Howe's law career 'basically destroyed'

Trial. Jury finds Halifax defence lawyer guilty of sexual assault

Halifax lawyer Lyle Howe could be heard screaming in a Nova Scotia Supreme Court stairwell following a jury's decision that he is guilty of sexual assault, but not guilty of administering a stupefying drug.

The jury deliberated for 10 hours before reaching the verdict on Saturday afternoon.

Each member of the 12-person jury stood up in court to say, "I agree with the verdict."

Quoted

"It might not be a jail (term). It might be a prison (term)."

Crown lawyer Darcy MacPherson
On a potential sentencing recommendation for Lyle Howe

Howe's family reacted emotionally to the announcement. His mother ran from the courtroom, and his wife doubled over crying.

"I don't know what I'm going to do with my f—ing career," Howe could be heard screaming in the courtroom's back stairwell.

The Halifax lawyer was

charged after an incident with a then-19-year-old woman in March 2011. He told the jury the sex was consensual, while the complainant says she doesn't remember what happened after a certain point in the evening.

At one point during deliberation, the jury asked for clarification on the legal definition of consent.

Defence lawyer Mike Taylor says he's disappointed by the decision and there is a reasonable chance his client will appeal. Taylor also spoke to his client's career as a lawyer.

"It's basically destroyed," Taylor told reporters outside the courtroom. "Mr. Howe is still at this moment a practi-

cing lawyer. If his clients want him to continue, at this point, there is nothing to stop him doing that."

However, a prison sentence, or being suspended from the practice of law, would stop his career.

Both the defence and the Crown said they have not thought about sentencing yet.

"It would be a substantial custodial period that we would be seeking," said Crown lawyer Darcy MacPherson.

Howe is not considered a flight risk and has been released into the community.

He is due back in court on July 30 for sentencing.

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1 NEWS



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Mom of 'Miracle Baby' sure she is safe in God's hands

Returned from death.

Mother at peace as child seems to be developing normally



RUTH
DAVENPORT

ruth.davenport@metronews.ca

Three months after her tumultuous birth, death and re-birth, the infant known as "The Miracle Baby" appears to be a healthy, bouncing little girl.

"Everybody asks, 'Is there any health issues?'" said mother Robin Cyr, dandling Mireya on her knee outside her Barrington Street home on Sunday afternoon.

"But knock on wood, she's doing everything on time. She holds her head up, she turns to your voice, she smiles."

Mireya was apparently stillborn after a long and difficult delivery at the IWK Health Centre in March. But after 28 minutes without breathing — and after being declared dead — the baby spontaneously began breathing again.

Cyr said doctors at the hospital have never been able to explain the stunning turn of events, but she and

her family have all the explanation they need.

"It's a miracle, and God is doing his work," said Pearleen Shephard, Cyr's aunt, who was in the delivery room offering "deep and strong" prayers for the baby's wellbeing.

"The doctors took their hands off her. They called it. She was gone. So she truly, truly is a miracle."

The baby has progressed normally since coming home, adored by her older brother and sister and doted on by friends and relatives.

"She gets a lot of attention," said Shephard. "A baby does demand a lot of attention, she's just getting some extra special attention."

Mireya's story attracted attention from far outside Halifax, making headlines in New York and across Europe. Local churches have reached out to Cyr, asking her to join or come speak to the congregation.

Cyr says she doesn't want to expose the baby to too much publicity, preferring that her life now progress as normally as possible.

"I'm going to let her take her own path," she said. "She's doing everything normal, so I just leave it in the hands of God."

Although the baby's story



Robin Cyr poses with "Miracle Baby" Mireya on Sunday inside their north-end Halifax home. JEFF HARPER/METRO

brought Shephard and other family members to tears several times during Sunday's family gathering, Cyr said in many ways the ordeal of losing and then regaining a baby hasn't really sunk in yet.

She does say that Mireya's survival has given her a sense of serenity about the baby's progress.

"With my other kids, I was a zombie until they were one. I was scared to sleep, always watching over them," she said.

That's not the case with Mireya.

"I don't know, I feel like God's protecting her. He brought her this far, he's not going to take her from me now."

Looking back, looking ahead

"Why does this happen? I think it just strengthens our faith. I can't wait until she gets older, just to see her life, because she truly is a miracle."

Paulene Loppie, grandmother of the "Miracle Baby"

Health centre questioned over handling of delivery

Officials at the IWK Health Centre won't comment publicly on any review or inquiry into the case of the "Miracle Baby."

"We can't comment on any specific case," reads a statement emailed from the IWK last week.

"However, we do have a process where we review standards and processes so

that we can continually improve the care and service we provide to our patients and families."

Cyr said doctors in the delivery room told her, some through tears, that it was truly a miracle.

She said she's not angry about the lack of any other account for the baby's survival.

However, she is angry

that her request for a caesarean delivery — knowing the baby was unusually large and would present complications — wasn't accommodated.

"That makes me very mad, because I personally asked for a C-section when (my doctor) told me about the complications," said Cyr.

"Why even make me go through that?"

Cyr's relatives said the delivery was torturous and to this day say the video is "too traumatizing" for Cyr to see.

"It never should have been a natural birth," said Cyr's aunt, Pearleen Shephard.

"I can assure you ... there's going to be more caesareans. They're not going to take the chance and let this happen."

RUTH DAVENPORT/METRO



Robin Cyr visits with her newborn baby girl in the Neonatal Intensive Care Unit at the IWK Health Centre on March 10. JEFF HARPER/METRO FILE

Police remain optimistic missing mountain biker will be found

Marty Legere, Dept. of Natural Resources, family and others join search for missing man

PHILIP CROUCHER
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Police say they continue to hold out hope of finding a missing mountain biker who hasn't been seen since failing to return home from an excursion near Spider Lake on Thursday.

The RCMP in Halifax say Marty Legere went biking alone Thursday around noon and was expected to return home around 4 p.m.

When he didn't show up, police say his family went searching for him and found his vehicle at the end of Spider Lake Road in Waverley.

They reported Legere mis-



Search crews disembark from a helicopter near the end of Spider Lake Road in Waverley on Sunday. JEFF HARPER/METRO

sing to police around 8:40 p.m., and about two hours later, ground search-and-rescue crews were deployed in the area.

The search has since continued throughout the day Friday, Saturday and Sunday, with no sign of Legere or his bike. "We're very much remain-

ing optimistic," said Halifax RCMP spokesman Cpl. Scott MacRae.

"There are possibly other areas to move forward with the

search."

The Mounties say a police dog and the Department of Natural Resources are also assisting in the search, along

Not giving up

"Everything points to him being in the woods."

Halifax RCMP spokesman Cpl. Scott MacRae

with family members and concerned citizens.

MacRae referred to the level of support in the search as quite overwhelming. He says upwards of 200 people have been involved so far.

"I'm amazed at the dedication and hard work of the searchers," he said.

MacRae said there's no indication the search will be scaled back anytime soon. He also said the nice, warm weather has been a big help.



Marty Legere
COURTESY RCMP

Black bears live on after health scare

A pair of aging black bears at the Shubenacadie Provincial Wildlife Park in Nova Scotia have been granted a reprieve after fears arose they would be euthanized due to their declining health.

Controversy arose last month after an animal rescuer said a tour guide at the park

had told her the bears would be euthanized.

The wildlife park about 60 kilometres north of Halifax said at that time that the 21-year-old bears were getting a checkup and would stay put if they were found to be in good health.

The Department of Natural

Resources says Cinnamon and Ginger were losing weight last year, so staff increased calories in their diets and prevented them from hibernating this winter.

The department says the strategy worked and the bears have returned to good health.

THE CANADIAN PRESS

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Collision report. Over half of all 2013 pedestrian strikes were in crosswalks

According to new numbers released by Halifax police, 176 vehicle/pedestrian collisions occurred last year with most happening in crosswalks during clear weather conditions in the middle of the week.

HRM Partners in Policing released an analysis of 2013 vehicle/pedestrian collisions on Friday, which showed that 97 per cent of the 181 victims involved in the accidents reported minor injuries or none at all.

About 54 per cent of collisions occurred in crosswalks, 19 per cent in parking lots, and eight involved buses.

The data said men accounted for 65 per cent of the drivers, or 102 of the 176.

There were two deaths as a result of collisions, and police said both victims were elderly.

Men between 61 to 70 and women in the 51 to 60 range were involved as drivers in most incidents.

By the numbers

57%

Percentage of accidents that happened on clear or sunny days.

32%

Percentage of accidents that happened during overcast or rainy conditions.

Across both genders, police said the 21-30 age group had the highest number of victims (26 per cent), followed by 10-to-20-year-olds.

Early mornings and later afternoons were the most common times for accidents, and Wednesdays saw the largest number of collisions at 42, about 24 per cent of the total.

HALEY RYAN/METRO

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Suspicious blaze probed at Shakespeare by the Sea



A passerby checks out Shakespeare by the Sea on Sunday morning, after it was damaged by an overnight fire. JEFF HARPER/METRO

'Not cool' Two other small fires also put out



RUTH DAVENPORT
ruth.davenport@metronews.ca

Days before they were set to begin rehearsals for the summer season, the members of Shakespeare by the Sea were cleaning up after a suspicious fire that damaged their Point Pleasant headquarters.

"Not cool guys. Not. Cool," the theatre company tweeted on Sunday. "Yes, there was a fire."

Halifax Regional Fire crews were called to the building around midnight Sunday. Division commander Corey Beals said the building was fully involved when firefighters arrived.

"Looks like it ... started from the exterior and extended up into the roof area," he said, adding the damage

was "pretty extensive."

"The outside is pretty charred, and we had full involvement in the roof area, in the attic of the roof."

Shakespeare by the Sea was set to begin rehearsals on Tuesday for the summer season, which includes performances of *The Taming of the Shrew* and *The Merchant of Venice*.

Beals said the fire is considered suspicious, but investigators haven't said anything about a possible cause yet.

"It's considered suspicious because it started on the exterior with no source of ignition on the exterior," he said. "So our investigators were there (but) I have yet to hear anything from them with regards to cause and determination."

Fire crews dealt with two smaller fires along the sidewalk in Point Pleasant Park, but Beals couldn't say whether those were considered suspicious in nature as well.



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Officials say Bluenose II still faces problems

\$18 million. Iconic schooner was meant to return to sailing last summer after extensive and costly rebuild

The Nova Scotia government says some issues remain with the Bluenose II after the American Bureau of Shipping conducted a check on Thursday.

Spokeswoman Elizabeth MacDonald says the bureau was at the site of the Bluenose II in Lunenburg to conduct a safety equipment check and go over Transport Canada requirements.

MacDonald says the project team is working with the bureau to address outstanding issues and expects to receive information next week about what remains to be completed. MacDonald would not elaborate on the nature of the issues.

A day before the safety check, the province had planned to take the restored Bluenose II for a much-anticipated test, but it was called off because it was missing a certificate from the bureau that would allow the vessel to set sail.

The Bluenose II has been undergoing a multi-year restoration that's been plagued by budget overruns and repeated delays, the latest caused by a problem with the vessel's steering system.

The Opposition Progressive Conservatives issued a statement Saturday accusing the governing Liberals of being incompetent.



The Bluenose II, Nova Scotia's sailing ambassador, which has been undergoing restoration, waits in port in Lunenburg on May 28. ANDREW VAUGHAN/THE CANADIAN PRESS

"With each passing day, we learn more about how the incompetent Liberals have made a mess of the Bluenose II restoration project," said tourism critic Karla MacFarlane.

"First we thought the Liberals couldn't keep track of paperwork, but now it appears they can't keep track of the facts, either."

Communities, Culture and Heritage Minister Tony Ince

said last month the project's cost had ballooned to nearly \$18 million.

The iconic schooner was supposed to return to regular sailing in the summer of 2012 after an extensive two-year rebuild at a cost of \$15.9 million, with \$4.9 million from Ottawa.

Since then, Nova Scotians have seen proposed dates for sea trials and official launches come and go. **THE CANADIAN PRESS**

1963

The Bluenose II was launched in 1963.

- The ship is a replica of the original Bluenose, a Grand Banks fishing schooner that won worldwide acclaim for its graceful lines and speed.

Education. Report cards to include teachers' personalized comments

The Nova Scotia government says report cards that will be distributed to students next month will include personalized comments from teachers.

Education Minister Karen Casey says she's asked school boards to include that after hearing initial feedback from a report card survey launched in March.

Casey says the reports should be free of jargon and should discuss the students' strengths, areas of improvements and advice to parents on how to improve learning at home.

The Education Department says the survey found 63 per cent of the roughly 5,800 students, parents, teachers and school administrators surveyed

felt the comments from teachers didn't help them understand grades.

The survey also said 58 per cent felt the comments didn't help them understand where their child is struggling and 62 per cent believed they did not help them support their child's learning at home.

THE CANADIAN PRESS

Survey results

The province says a committee that includes students, parents, teachers and school board staff will also look at other results of the survey and deliver its final report this fall.

Seven-year commitment. Government spending on new ferry hits \$19M

The Nova Scotia government confirmed Friday that of the \$21 million it has committed over seven years for a new international ferry service, \$19 million has already been handed to the American operator.

The surprise announcement from Economic Development Minister Michel Samson came only two weeks after Nova Star Cruises carried its first paying passengers from Portland, Maine, to Yarmouth, N.S.

"Unfortunately, with establishing an international ferry service, there have been some challenges along the way," Samson said.

Samson said total spending jumped to \$19 million Thursday when the Liberal govern-

ment agreed to advance \$5 million after the State of Maine failed to deliver on a pledge to deliver a \$5-million line of credit to the company.

The province's previous NDP government had already committed \$12 million to the ferry service during its first year of operation, Samson said.

And the succeeding Liberal government agreed to hand over an extra \$2 million in February when the company said it had to post a bond required by the U.S. Federal Maritime Commission, he said.

When asked if the province was willing to spend more than the \$21 million set aside, Samson declined to let it out.

THE CANADIAN PRESS

TOP NOTCH

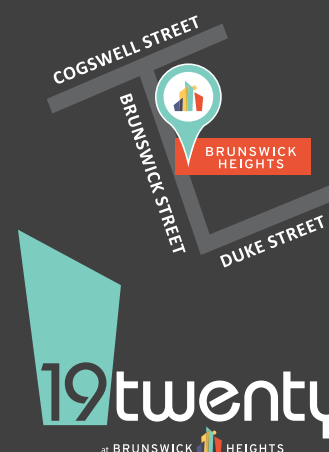
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Winnipeg. Frozen pipes for many residents despite hellish temperatures

The air conditioners are whirring in Winnipeg with temperatures recently soaring above 30 C, but below the ground it's a different story.

Hundreds of residents still have frozen water pipes.

Matthew Lawrence and his family lost water almost two months ago when their home's pipes froze. They were still unfrozen late last week, even as the Manitoba capital was Canada's hot spot at 32 C.

"It's amazing. It feels like the tropics and we still have frozen water pipes," Lawrence said. "To have it this hot and still be thinking there are frozen pipes underneath the ground is just kind of mind-boggling."

Lawrence, his wife and three children have been relying on his neighbour, who has allowed them to tap into his water supply. But now, Lawrence said, his neighbour's house is up for sale and it's unclear how long that setup might last.

Other cities in Canada and

the United States grappled with frozen water pipes during an exceptionally cold winter, but Winnipeg's problem has dragged on the longest.

Randy Hull, emergency co-ordinator for the city, said there are new reports of frozen pipes still coming in.

Even with summer-like temperatures, Hull explained, the thaw hasn't reached the frost that penetrated deep into the ground.

THE CANADIAN PRESS

Frosty reception

Winnipeg is still reeling after a long, harsh winter:

- **400 properties still affected.** This is down from 1,200 properties in March.
- **Record breaker.** Frost penetrated the ground up to nine feet over the winter — a record level in the last 130 years.

City copes with discovery of neglected, confined boy

London. 10-year-old was locked in bedroom for as long as two years



SCOTT TAYLOR
Metro in London, Ont.

The southeast London, Ont., neighbourhood where police were shocked to learn a 10-year-old boy had been locked in an upstairs bedroom for as long as two years has returned to some sort of normalcy.

Those living near the house at 2421 Asima Dr. were horrified after news broke Friday about the boy.

London police reported they had gone to the house Thursday with Children's Aid Society staff to check on the welfare of the boy after receiving a tip from the public about a child being left alone late at night.

Finding the home unoccupied, they gained entry and found the boy locked inside



A police officer completes paperwork Friday before entering the southeast London home where a 10-year-old boy is believed to have been locked in a bedroom for up to two years. ANGELA MULLINS/METRO IN LONDON

a filthy bedroom. London police Insp. Kevin Heslop said fast food, feces and urine were everywhere in the room, including on the bed.

The boy, who can't be identified, was described as underweight and pale with long hair falling beneath his shoulders. Heslop said he came to Canada in 2010 and was living with his aunt and uncle.

According to Heslop, the boy was fed once in the morning and once later in the evening, usually fast food. Heslop doesn't know what the rest of the family ate, including the couple's nine-year-old daughter, who was also living in the home.

After being freed, the boy was taken to hospital in an ambulance, where he was diag-

At a glance

The dark secret behind the doors of 2421 Asima Drive

- Boy's aunt, uncle, who haven't been publicly identified to protect the child, been arrested and charged with failing to provide the necessities of life and forcible confinement
- The rescued boy and the couple's daughter are now living in separate foster homes.

nosed as being underweight and suffering from malnutrition.

His aunt and uncle, who haven't been publicly identified to protect the child, have been arrested and charged.

Police said the couple's daughter had been living a normal life, which included going to school, something the boy was denied.

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Three confess to rape, murder: Indian cops

Country outraged. Two teenage girls were assaulted and left hanging from a mango tree last week

Three men have confessed to the gang rape and slaying of two teenage girls who were found hanging from a tree in northern India, police said Sunday, in a case that has recast a light on rampant sexual violence in the country.

Authorities continued to search for two additional suspects in last week's attack on the 14- and 15-year-old cousins in Uttar Pradesh state, police officer Atul Saxena said.

The girls, from an impoverished family with no toilets in their home in the tiny village of Katra, about 300 kilometres from Lucknow, the state capital, disappeared Tuesday night after going into fields to relieve themselves.

After the girls were found hanging from a mango tree on Wednesday, hundreds of angry villagers stayed next to the tree, demanding that police find the attackers before allowing them to remove the bodies. Initial reports indicated the girls were sisters. They were, in fact, cousins.

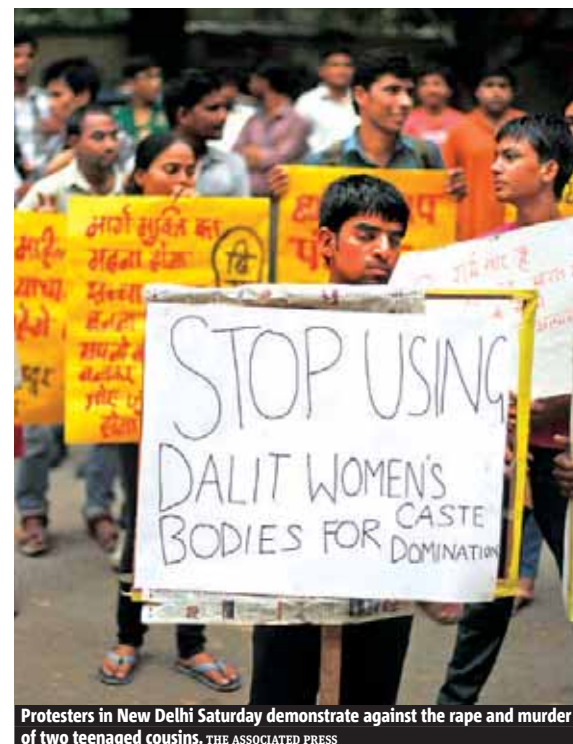
Indian television stations showed footage of the villagers sitting under the girls' bodies as they swung in the wind.

Police arrested two suspects on Wednesday and another on Saturday. When questioned by police, the men admitted they had attacked the girls, Saxena said.

The suspects, who are cousins in their 20s, face murder and rape charges.

Authorities also have arrested two cops and suspended two others for failing to investigate when the father of one of the teens reported them missing. The attack on the girls has caused outrage across the nation.

THE ASSOCIATED PRESS



Protesters in New Delhi Saturday demonstrate against the rape and murder of two teenage cousins. THE ASSOCIATED PRESS

Recovery of six climbers uncertain



The Liberty Ridge Area of Mount Rainier as viewed from the Carbon Glacier on Saturday. NATIONAL PARK SERVICE / THE ASSOCIATED PRESS

Mount Rainier National Park officials said that due to dangerous conditions there are no immediate plans to recover the bodies of six climbers who likely fell thousands of feet to their deaths in the worst alpine accident on the Washington state mountain in decades.

Continuous ice and rock falls make the area too dangerous for rescuers, park spokeswoman Patti Wold said Sunday morning. The area will be checked periodically by air in the coming weeks and months, she said.

Wold added that "there's no certainty that recovery is possible given the location."

Park officials believe the group fell 1,000 metres from their last known whereabouts of 3,900 metres on Liberty Ridge.

"It's inconceivable that anyone survived that fall", Wold said. Officials have not released the names of those who died.

A helicopter crew on Saturday spotted camping and climbing gear in the avalanche-prone area.

THE ASSOCIATED PRESS

Lewis Katz. Media and sports mogul dead in a crash

Philadelphia Inquirer co-owner Lewis Katz was killed along with six other people in a fiery plane crash in Massachusetts, just days after reaching a deal that many hoped would end months of infighting at the newspaper and restore it to its former glory.

His son, Drew, and a

business partner confirmed Katz's death in a crash of a Gulfstream IV private jet, which went down on take-off from Hanscom Field outside Boston on its way to Atlantic City, N.J., on Saturday night. There were no survivors.

On Tuesday, Katz and Harold H.F. Gerry Lenfest

struck a deal to gain full control of the Inquirer as well as the Philadelphia Daily News and Philly.com by buying out their co-owners for \$88 million — an agreement that ended a very public feud over the Inquirer's business and journalism direction. Lenfest said Sunday that the

deal will be delayed but will proceed.

Katz and Anne Leeds, a retired teacher who was Katz's next-door neighbour and who also died, were among the 200 or so guests at the home of author Doris Kearns Goodwin on Saturday.

THE ASSOCIATED PRESS

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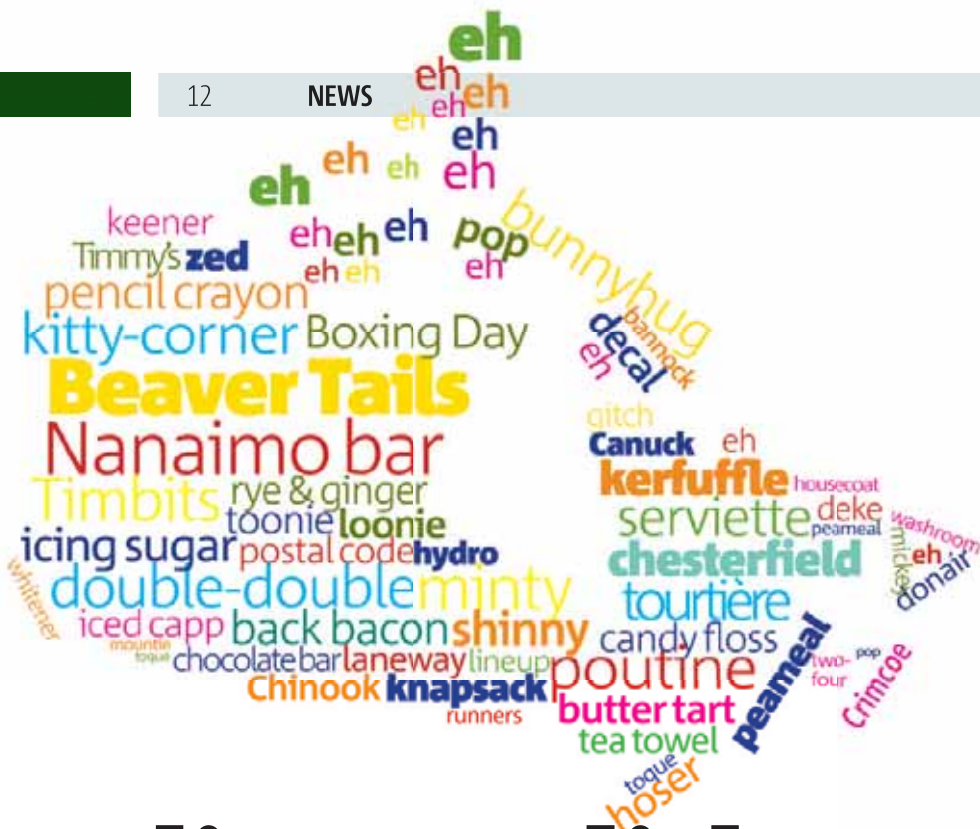
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† Assuming a mortgage of \$270,000 with a 25-year amortization at a rate of 2.97%, switching to bi-weekly payments will decrease your amortization to less than 23 years and save you approximately \$14,130 in interest. Alternatively, assuming the same mortgage of \$270,000 with a 25-year amortization at a rate of 2.97%, if you keep your monthly payment frequency but apply annual lump sum prepayments of \$500 and increase your regular payments by just \$20 every year, after your first year, you will decrease your amortization to less than 21 years and save approximately \$18,923 in interest.



Canadian English: From eh to zed

Bunnyhug, chesterfield and toque. Little is more tied to Canadian identity than the words we use



**LUKE
SIMCOE**
Metro Online

The term “Canadian English” was simultaneously coined and admonished by Rev. A. Constable Geikie in 1857. Geikie, a Scot, stood before an audience of scientists, architects and engineers at the Royal Canadian Institute and declared our nascent tongue “a corrupt dialect.”

Geikie may have dismissed Canadian English, but Charles Boberg, a linguistics professor at McGill University, has made a career of studying it. While many of his colleagues treat language like a science — analyzing its very structure

and debating the definition of phonemes and allophones — Boberg's research explores the nexus of language and culture.

"Linguists have a tendency to concentrate on the internal linguistic aspects of language, but it's easy to forget that languages are very much shaped by non-linguistic things. Take Canadian English, for example. The very existence of Canadian English owes a debt to three of the most important events in the history of the world."

The story of Geikie's corrupt dialect begins with the British victory over France in the Seven Years' War in 1763, ensuring English, not French, would be North America's dominant tongue. Then, some two decades later, the American Revolution drove 40,000 British loyalists north into Canada.

"It was a huge influx of English speakers into an area that was still mostly francophone,"

Boberg said. "It meant the beginning of a significant English-speaking population in Canada and led ... to the creation of Ontario and New Brunswick."

The final event that established Canadian English was the Industrial Revolution. Automation, particularly in agriculture, created a surplus population in Britain and sparked another wave of English emigration to the New World.

Since then, Boberg believes the “Canadianisms” in our language — from “eh” to “zed” — have become part of our national character, something that sets us apart from both our colonial past and the cultural behemoth south of the border.

The Canadian shift

"As we try to carve out a Canadian space in that cultural landscape, we are faced with this issue of identity," said

Stereotypes

Do we really say 'eh'?

Dr. Charles Boberg says many of the stereotypes about Canadian English are “outdated” at best, and “exaggerated” at worst. In the case of the infamous “eh,” recent studies show few Canadians employ the phrase except for some older Ontarians. In fact, younger Canadians, particu-

Boberg: "And while other markers get washed away in a sea of global popular culture, language is one of the things that still remains as a solid signal of identity. Canadians can identify each other and be identified as Canadians by others by how they speak."

larly those in urban areas, are more likely to end their sentences with "right."

As for the oft-satirized Canadian pronunciation of about as "a-boot," Boberg says the actual sound is closer to "a-boat." A few actual Canadian-isms:

- **Washroom:** Used almost exclusively in Canada, this is the general term for “toilet” in Britain, and a “restroom” in the United States.

Languages seldom stop evolving, and Canadian English has continued to morph and change into the 21st century. The term “Canadian shift” was coined in 1995 to describe a subtle change in how we pronounce some vowels: “milk” starts to sound like “melm.”

- **Chesterfield:** Although its usage is on the decline, this is an elaborate Canadian word for couch.

- Pencil crayon: Elsewhere in the world, these are called coloured pencils.

- **Bunnyhug:** Used mainly in Saskatchewan to refer to a hooded sweater.

- **Drop the gloves:** As most Canadians can tell you, this slang term for starting a fight is derived from hockey.



chart regional differences in Canadian English by taking a short survey. The results will be featured in an upcoming story.





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“pit” like “pet,” “pat” like “pot,”
and so on.

Similar to the shift is "Canadian raising," the phenomenon that gives rise to our stereotypical pronunciation of "oot" and "about." But, unlike the U.S., where marked differences in regional speech persist, the trajectory of Canadian English has been one of homogenization. With a few exceptions — Newfoundland and Quebec, mostly — Canadians pretty much sound the same.

"We've seen the consolidation of Canadian English as a national language spoken coast to coast," Boberg said. "There's 3,000 miles between Vancouver and Ottawa, yet if you put someone from Vancouver and someone from Ottawa in the same room, they'd have difficulty telling where the other was from."

Instead, the central tension in Canadian English is a linguistic tug of war between the British and American tongues. At the risk of oversimplification, we spell like Brits but speak like Yanks.

Archbishop Tutu. Alberta's oilsands are 'filth' driven by 'greed'

A brief helicopter tour of the oilsands Saturday wasn't enough to shake Archbishop Desmond Tutu's conviction that the industry is doing massive harm to both the climate and the environment.

"It is important that we do something about the horrendous effects and impacts on the only world we have," he said after the brief Suncor-sponsored flight that took him over part of the company's operations.

Earlier that day, Tutu's judgment of Alberta's oilsands had been harsh.

"The fact that this filth

is being created now, when the link between carbon emissions and global warming is so obvious, reflects that the industry is doing negligence and greed," Tutu told more than 200 rapt attendees at a conference on oilsands development and treaty rights in Fort McMurray.

"Oilsands development not only devastates our shared climate, it is also stripping away the rights of First Nations and affected communities to protect their children, land and water from being poisoned."

THE CANADIAN PRESS

Navel gazing. HBO's Silicon Valley a hit with Silicon Valley residents

When HBO rolled out a mockumentary poking fun at high tech this spring, Silicon Valley checked it out.

Initially, its name-sake geeks and nerds who spend their days coding, developing and hacking in a red-hot tech economy weren't so sure it was funny: "Most startups are a soap opera, but not that kind of soap opera," said Tesla CEO Elon Musk, one of the valley's most charismatic billionaires, after a premiere.

But many were amused enough by the warped story of their lives to keep watch-



Silicon Valley has been renewed for a second season.

JAIMIE TRUEBLOOD/HBO/THE ASSOCIATED PRESS

ing, and soon some of the biggest names in the Silicon Valley were singing its praises on the region's virtual water coolers.

THE ASSOCIATED PRESS



'Red card for FIFA!'

Demonstrators hold up a poster that reads in Portuguese "red card for FIFA!" as they protest the money spent on the World Cup outside the National Stadium in Brasilia, Brazil, on Friday. Brazilians are angry at the billions spent to host the international soccer tournament, much of it on 12 ornate football stadiums, one-third of which critics say will see little use after the big event.

ERALDO PERES/THE ASSOCIATED PRESS

Just the (fund) facts



HOW
TO ROLL
Alison Griffiths
metronews.ca

Not long ago mutual fund investors were treated in the same way as patients in the medical system of old. "We'll tell you what we think you need to know when we think you need to know it."

Cost, performance and risk, three essential ingredients of investing, could be ignored completely when advisers sold mutual funds to clients. But Fund Facts, an initiative of the Canadian

Securities Regulators (CSA), is a fairly easy-to-read document that mutual fund providers must post on their website.

Fund Facts offers basic information such as the fund's top 10 investments, the risk rating as judged by the fund provider, annual performance as well as average annual returns and the cost of the fund.

The cost, or fund expenses (called the management expense ratio or MER), is detailed as an annual charge — 2.12 per cent, for example. They are also expressed in dollar terms. For example, the expenses of Canadian Equity Fund XYZ will cost you \$21.20

for every \$1,000 invested.

However, some firms don't make it clear that the expenses are levied annually for as long as you own the fund. After looking through Fund Facts documents of various mutual funds, I noticed that an investor could easily assume that the expense is a one-time charge.

Also missing from the document are comparative figures. An annual return of seven per cent tells you absolutely nothing without the average return for similar funds or the category. If the category average is 10 per cent, then your fund is an

underperformer.

Still, Fund Facts is a step in the right direction. The next step will be an even better one. The CSA is proposing that the document be given to investors at point of sale. That means an adviser will have to produce it before you buy units of a fund.

Until the new regulation is in force, ask for the Fund Facts document before you invest. Also, insist on the category average expenses (or the MER of similar funds) and also the category average returns.

If your adviser balks, find another one.

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THE BIG (AND SMALL) QUESTIONS

We begin June as we ended May. With more questions than answers.

Item: Enterprise Cape Breton president John Lynn got fired after hiring four Tories with connections to federal Justice Minister Peter MacKay — without benefit of documentation or competition. The federal integrity watchdog uncovered a “pattern” that created an “appearance of patronage.” But he claimed he found “no indication of a direct involvement” by MacKay.

Does anyone out there seriously believe Peter MacKay wasn't involved?

Item: “I frankly don't understand people who are walking away ... from something that's proven to work,” Prime Minister Stephen Harper declared last week during an international conference on maternal health. He was referring to parents rejecting overwhelming scientific evidence supporting vaccinating children against disease.

Is this the same man who made his politician's bones dismiss-



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

ing, then minimizing, equally overwhelming evidence of climate change? And speaking of things “proven to work,” why won't the prime minister allow Canada's maternal health funding to be used to provide safe abortions in developing countries when the World Health Organization says unsafe abortions cause eight per cent of maternal deaths?

Item: In less than a month of operations, the Nova Scotia government has spent \$19 million of the \$21 million it had allocated to keep the Yarmouth-Portland ferry afloat for the next seven years. Is this an inevitable start-up blip, or will the former government turn out to have been right the first time when it pulled the plug on the ferry?

Item: A Lunenburg County judge last week sentenced a 24-year-old former drug addict to two years in prison in a 2012 sex-for-drugs case. According to the judge, the young man has made “great strides” — he completed rehab and has been

'Proven to work,' eh?

Speaking of things “proven to work,” why won't the prime minister allow Canada's maternal health funding to be used to providing safe abortions in developing countries when the World Health Organization says unsafe abortions cause eight per cent of maternal deaths?

drug-free ever since, landed a job, pays his bills and tried to make amends to those he's hurt — and his pre-sentence report suggests his rehabilitation is on track if only he can steer clear of negative peer pressure.

Given all of that — and the negative peer pressure endemic in jail — why did the judge insist on prison time when even he acknowledges the young man wouldn't pose a threat if allowed to serve his time in the community?

ZOOM

What a skull-ful work!

Illusion body art

Skull art created with body paint

The artwork by North Carolina-based artist Cheryl Lipstreu is composed of seven nude women who have each been covered in sparkling white body paint and brightly coloured shapes and patterns. **MWN**

Artist's viewpoint

“I really enjoyed it because it was like a modern take on a famous inspirational work by Salvador Dali. I love the Day of the Dead and find it really fascinating.”

Cheryl Lipstreu, body artist based in Winston-Salem, N.C.

By the numbers

4

hours is how long it took Lipstreu to paint the models.



This may look like an ornate Mexican sugar skull, but a closer inspection reveals it is actually made up of cleverly painted people.

RENE RODRIGUEZ/BOURNEMOUTH N/REX

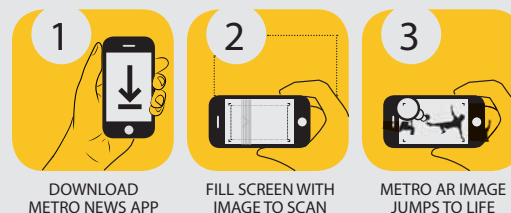
Meaning behind the work

Deathly message

For artwork photographer Rene Rodriguez, a health scare in 2004 made him cherish this Mexican tradition.

“The iconography of the sugar skull and the meaning behind the Day of the Dead really touched me,” he said. “Having thought about my own mortality and death, it spoke to me on a primal level and I became addicted to looking at these visuals.” **MWN**

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 15 in Scene and page 22 in Sports

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Worth mentioning. Woolly World Cup warriors not so baaad

To celebrate the country's return to the World Cup after a 16-year absence, artisans in the high Andean town of Nobsa put on what they billed as the first soccer match played by sheep Sunday.

On one side, dressed in specially made yellow jerseys and red shorts for Colombia's national colours, were 10 four-legged players each named in honour of one of the country's top soccer talents. Their rivals represented powerhouse Brazil, which hosts the month-long tournament beginning June 12.

Some 500 beer-soused spectators cheered on the farmyard footballers, who were trained for two weeks

to recognize and kick a foam soccer ball through a rustic goalpost made of wooden logs.

The hard work was little in evidence, though. Sheep are highly social animals, seeking safety from predators in large herds, and their shepherd handlers had to keep pulling on ropes tied to the animals' necks to keep the bleating players scattered and moving so they wouldn't end up munching lazily on what grass remained on the improvised pitch.

The final result was a 4-3 victory for Colombia, thanks to a goal in the final 50th minute by the mutton midfielder “James Rodriguez,” whose two-footed namesake plays for French club Mon-

'A global symbol'

The publicity stunt was part of International Ruana Day, which every year honours local artisans who for centuries have been hand-spinning the poncho-like woolen wraps that are ideally suited to the region's wet, mountainous climate more than 8,000 feet above sea level.

- “The ruana is a global symbol, so it's only natural that the sheep deserve to be honoured,” said Ramiro Barragan, Nobsa's mayor.

ACO. THE ASSOCIATED PRESS

Ebooks



Beowulf: A translation and commentary

By. J. R. R. Tolkien

Kindle/iBooks/Kobo

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MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

It's the oldest surviving story in the English language — an epic poem of trolls, dragons, and heroes. Published for the first time, Tolkien's scholarly translation makes it easier to understand while his illustrations and variations make it more enjoyable, too. It's a demanding read-though, meant more for literary students than casual fantasy fans, and enhanced for study with ebook hyper-link references.

Box office

Maleficent casts spell on audiences

Disney's Maleficent debuted with \$70 million at the box office. Featuring Angelina Jolie's first live-action starring performance in years, Maleficent beat forecasts to easily top all films over the weekend.

THE ASSOCIATED PRESS

Cher Lloyd wants to apologize for being late

Comeback kid.

After a feud with Simon Cowell and an almost-hit in 2012, Brit singer is set to release sophomore effort

PAT HEALY

Metro World News in Boston

Two years ago, Cher Lloyd released a single that was a definite contender for Song of the Summer called Want U Back. Don't remember it? That's OK.

It was 2012, the summer of Call Me Maybe, Somebody That I Used to Know and Starships.

Lloyd, who first came to prominence in her homeland in 2010 after making it to the top four in the British version of The X Factor, has had an eventful few years.

After releasing her debut, Sticks & Stones on Simon Cowell's label, she had a falling out with the entertainment mogul, with whom she disagreed about her musical direction. It has been so long since the world has heard a full-length album from her, Lloyd decided to title her brand-new release, Sorry I'm Late.

"In one sense, I'm glad that we have waited, because I feel so good about everything right now," says the singer in her chipper British accent. (She will turn 21 next month, by the way.)

"The main thing for me is that I have grown as a person,"



Cher Lloyd's new album is aptly titled Sorry I'm Late. GETTY IMAGES

she continues.

"Before, it was all similar sounds, and very pop and very young as well, and now I feel like I'm at the point where I'm able to express myself in a completely different way."

The recent video for her

Sirens single is definitely a different way of expressing herself.

It features a tearful Lloyd singing in the kitchen as the DEA barges in and arrests the bad boys who are involved in some nondescript illegal narcotic activity in her

Lyrical analysis

- A butt and a rack. Lloyd's single I Wish, which came out last fall, features T.I. and functioned as a bridge of sorts to prepare fans for her new material. There's a line in the song that we couldn't help but ask her about: "I wish I woke up with a butt and a rack." "Doesn't every young girl wish for that? ... Of course they do," she says. "That song for me was basically me revealing myself and saying I do wish for the things that I can't have, and I think that's relatable."

dining room.

"It's not necessarily bubblegum pop," says the singer about the new material. When talking further about the different sound, Lloyd says she credits the change to her increased involvement in making Sorry I'm Late.

"Every song on this album was picked by me, not by guys in suits," she says.

When we ask Lloyd if her song, "M.F.P.O.T.Y." (it stands for Mother F—ing Party Of The Year) is a contender for this year's Song of the Summer, she is humble.

"I'm not sure," she says. "I'm the type of artist that lets something go and do its own thing because I know my fans are really passionate. And it will possibly be their song for the summer."

2 SCENE

TOP SIX @ 6 Weeknights at 6 KB counts down the HOTTEST songs of the day

6 Iggy Azalea Fancy

5 Ed Sheeran Sing

4 DJ Snake ft Lil John Turn Down For What

3 John Legend All Of Me

2 Ariana Grande ft Iggy Azalea Problem

1 Calvin Harris Summer

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Lindsay Lohan

London calling to Lindsay Lohan

She's London's problem now. Perennially troubled starlet Lindsay Lohan is apparently looking to make her recent trip to the U.K. more of a permanent one by snagging a place to live and ditching her current home in New York City, according to the Sun. "Lindsay's really enjoying

being in the U.K. and has told her pals that she's staying here for good," a source says, adding that Lohan has also apparently been boasting to friends that a move across the pond could get her career back on track. "Lindsay has also started investigating getting acting work in London."

Are Beliebers losing faith in Justin?

Sure, a lot of people dislike Justin Bieber, but exactly how much? Well, the Canadian pop star has been ranked the fifth most hated man in the U.S., according to a new survey released by E-Score. But with a little work — and a few more

run-ins with the law — Bieber could certainly take the top spot. Standing in his way are disgraced L.A. Clippers owner Donald Sterling at No. 1, Bernie Madoff at No. 2 and Conrad Murray and O.J. Simpson tied for third.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

A castle fit for the wedding of King George?

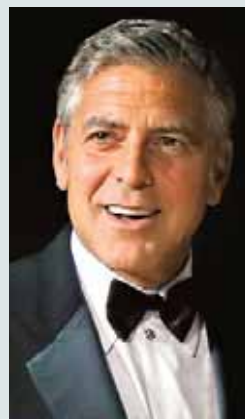


STARGAZING
Malene Arpe
scene@metronews.ca

George Clooney and fiancée Amal Alamuddin visit Highclere Castle, the location for *Downton Abbey*, starting rumours they may get married there. Meanwhile Kim and Kanye stay at Ireland's Castle Oliver during their honeymoon. Not to be outdone, Mila Kunis and Ashton Kutcher immediately request private tours of White Castle, Wolfenstein Castle and the set of *Castle*.

Madonna fails to report for jury duty in New York. She already judges people every single moment of every day, so maybe you could just leave her alone.

Johnny Depp's fiancée, Amber Heard, says friends often warn her lovers about her "trailer park" attitude. It's all right, Johnny Depp's friends often warn his lovers about the "moth-eaten hat, the dirty fingernails and the estimated net worth of \$350 million."



Diane Keaton says she wants to kiss Robert Redford, David Beckham, Clint Eastwood, Adam Levine, Will Ferrell, Bradley Cooper, Ryan Gosling and Louis C.K. That's a really weird, kinda eww-y list. Who in the world would want to kiss Adam Levine?

Frozen is now the fifth-highest-grossing movie of all time. But that's not all. It's now the fourth-highest performer when it comes to driving parents crazy, preceded only by Walmart tantrums, answering a question with another question and Emma Thompson saying, "You can't be a great mum and keep working all the time."



Michelle Williams. ALL PHOTOS: GETTY IMAGES

Hiding Matilda takes a few cues from fellow celeb kid Suri Cruise

Michelle Williams is gearing up to leave Brooklyn and move back to Los Angeles to make securing film roles easier, and apparently her eight-year-old daughter, Matilda, is looking forward to finding new ways to dodge the paparazzi, according to Radar Online. "Matilda is joking that she's going to impersonate Suri Cruise," a source says. "They have a set of disguises

they use specifically in Los Angeles that makes them completely unrecognizable to photographers and allows them to have long mother-daughter days in complete privacy. Matilda is absolutely loving the game, but one day she made her mother break down in tears of laughter when she emerged from her room in a Suri Cruise look-alike wig and outfit."

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Stop picking your own pocket

Who's plundering your plenty? The top nine suspects live very close to home



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Ever look at your bank account balance, or in your wallet, and think to yourself, "Damn, where'd the money go? I was robbed!" Want to know who the primary culprits are? Here's a list of the usual suspects:

1. Gym memberships: Remember that New Year's Resolution you made six months ago to get fit? You bought the outfit. You bought the shoes. You bought the gym membership. Six months later, they're still taking that money out of your bank account every month, but you haven't seen the inside of the gym in weeks. Hey, you don't have to spend that money to get healthy. Find a way to work out for free and get your bank balance healthy, too.

2. Cable: It's not unusual for folks to drop \$100 a month or more on cable every month. Cut back or cut off your TV habit completely and watch the money pile up in your emergency fund instead. (By the way, I don't have cable; it's not worth the money or my time!)

3. Small indulgences: The cup of coffee on the way into work, the magazine you



Keep tabs on small indulgences like workday coffees, which can quickly add up. iStock

pick up randomly, a lip balm here, and screwdriver there ... it all adds up. For the next week, make a list of all the indulgences you buy as you move about your life. From the pack of gum to the movie rental, it goes on the list. Add it up. As long as you know where your money is going, you won't feel robbed. If you don't like where your money is going, change something.

4. ATM fees: Are you still hitting up the ATM every time you need \$20? Give your head a shake. If you're pit-stopping to get cash, and paying a pretty penny for the privilege, you need to stop wasting money. Banks are happy to take your money if you walk into their stores and empty your pockets! Figure out a budget and with

each paycheck you deposit, take enough cash to last you until your next pay. If you run out in between, too bad! Search your couch cushions for change. If you *have* to lay your hands on cash, do it at the grocery store as a cash-back so you won't pay a fee.

5. Brand-name anything: Are you such a fancy-pants that you're willing to pay heaps of money so you can show off a brand? From scotch to shoes, people love their brands. But if your brand-name shopping is getting in the way of your goals (debt freedom, an emergency fund, retirement savings, or whatever else you're working toward), it's time to re-evaluate those brands' importance to your life. Sure, some brands come with a

sense of value attached. But there are a lot of times when the less expensive generic option will do just fine.

6. Bad habits: Are you still smoking? Seriously? 'Cause you don't know it's bad for you? Or because you've got so much money it's fine to send some up in smoke? See those lottery tickets you buy religiously each week? Do you know you are more likely to be struck by lightning than win a lottery? Or how about that beer, wine or vodka habit you've built up. I know a woman who was spending \$600 a month on Grey Goose even as she complained about how little money she had. If you're missing money, your bad habit may be the major culprit.

7. Your car: Have you added up what you're paying for insurance, maintenance, gas and car payments? If it adds up to more than 15 per cent of your take-home pay, your car is your highway robber. If you must have a car for work, then you'll have to cut back elsewhere so your budget balances. But if your car is an indulgence, time to buy a bike.

8. Your cellphone plan: Behind on your cellphone bill? Shocked when you open the envelope and look at your balance? Cellphones — particularly smart ones — can steal your money faster than just about anything else. If you're not on a plan, get on one so you're very aware of what you're spending, or a plan that covers "everything" that you work into your budget. Stick to the plan.

9. Your home: Housing costs may not seem to be something that's within your control, but that's a perception. Unless you're prepared to be house-poor, don't spend more than 35 per cent of your take-home pay on the roof over your head. And watch for all those other costs that creep in: those beautiful towels you just have to have; new dishes, candles, and whatever else you buy in the name of making a comfy home.

If you're determined to make your money work as hard as you do, it's time to become aware of the thieves who rustle your bank account and wallet. How many of these suspects are on your most wanted list?

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Online encyclopedia health info, you are the Wiki-est link, study says

At the first signs of illness, many of us don't hesitate to look up our symptoms and corresponding conditions on Wikipedia. But according to a study published in the *Journal of the American Osteopathic Association*, the vast majority of health-related pages on the open online encyclopedia are laden with errors.

Carried out by a group of 18 doctors with various affiliations across the U.S., the

study identified the 10 most costly conditions in the country. The Wikipedia entry on each of these conditions was

High error rate

9 in 10

Study results are discouraging for fans of the online encyclopedia: errors were found in nine of the 10 articles.

then scoured line by line and compared to trusted, peer-reviewed sources of medical information.

And the results are discouraging for fans of the online encyclopedia: errors were found in nine of the 10 articles. Coronary artery disease, lung cancer, osteoarthritis, hypertension, diabetes, back pain ... The only exception to the rule was the article on trauma-related dis-

Down-at-heal doctoring

47-70%

Alarming, the study also revealed that 47 per cent to 70 per cent of doctors and medical students admit to using the online encyclopedia as a reference.

orders, which was accurate at the time of review, according to the experts, although er-

rors could of course be added at any time.

These conclusions underscore the necessity of double-checking information found on Wikipedia, which allows anyone to add to, and modify, entries.

Alarming, the study also revealed that 47 per cent to 70 per cent of doctors and medical students admit to using the online encyclopedia as a reference. **AFF**

3
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E

Fibre, nutrients and protein make pasta salad an easy three-in-one deal



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FLASH FOOD



From your fridge
to your table in
30 minutes or less

During the warmer months, I love a healthy pasta salad that can be served at room temperature.

I also want to be able to add lean protein and some veggies so I can have go-to food when I want a complete delicious, nutritious and satisfying meal.

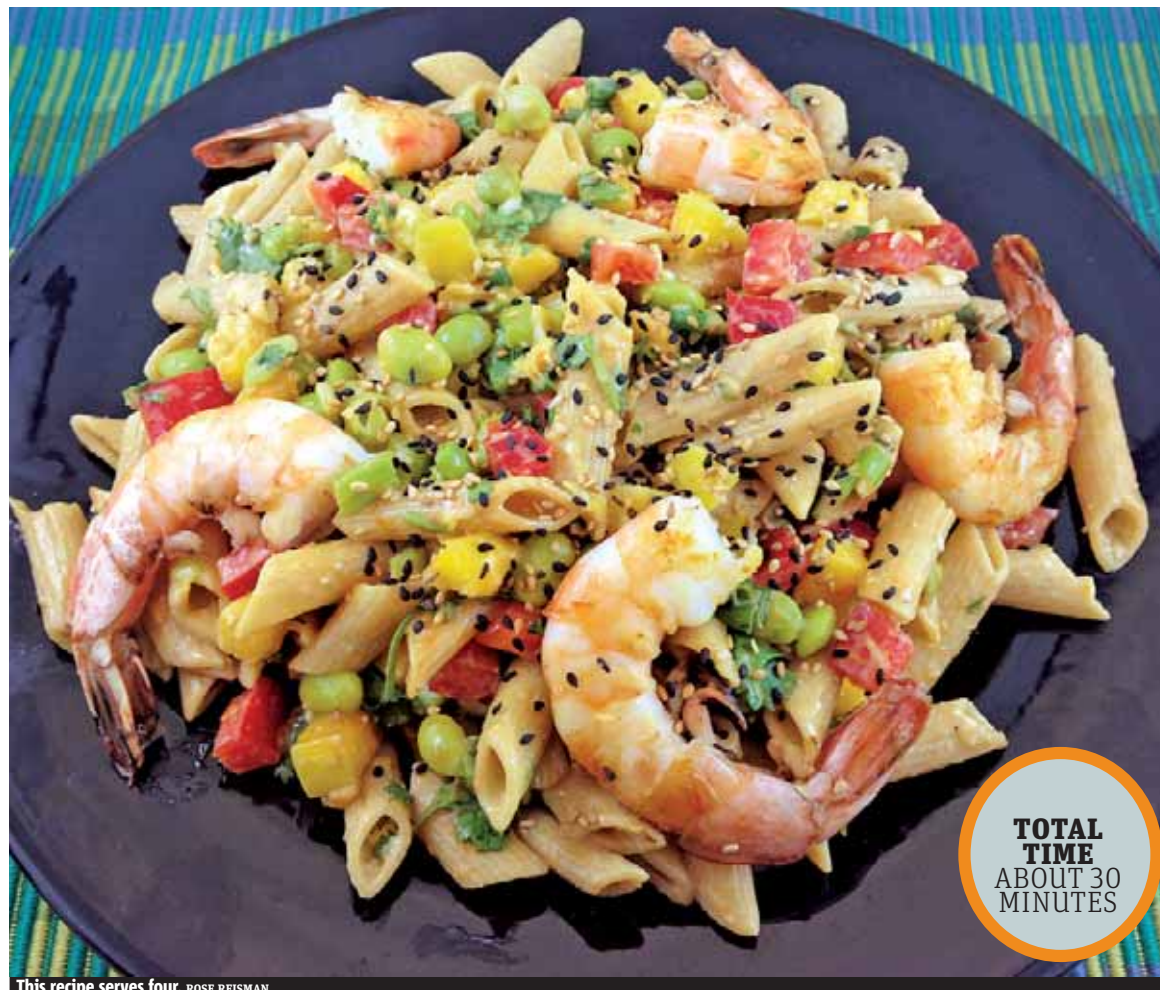
This Hoisin Penne Salad with Edamame, Shrimp and Mango fits the bill!

One hundred per cent whole wheat pasta has to be one of the healthiest complex carbohydrates you can eat since it contains fibre, which keeps you full for longer periods. It also keeps your blood sugars level, which can help prevent obesity and type 2 diabetes, as well as colon cancer and heart attacks.

The key to cooking whole wheat pasta is to not overcook, or the pasta will become too soft.

This main course has all the nutrients you need in a meal. The whole grains take care of fibre, shrimp and edamame serve as the protein and an outstanding hoisin dressing made with plain Greek yogurt rounds it all out.

Feel free to substitute



This recipe serves four. ROSE REISMAN

Directions

1. Cook pasta until tender to the bite. Drain, rinse with cold water and place in serving bowl.

2. In a large skillet sprayed

with vegetable oil, add oil and onion and sauté on medium heat for 10 minutes, then add bell peppers and sauté for 5 minutes. Add the edamame and sauté for 2 minutes. Let cool. Add mango and add

mix to pasta.

3. In skillet sprayed with vegetable oil, cook shrimp until no longer pink. Add to pasta.

4. Sauce: In small bowl,

combine hoisin, soy, vinegar, sesame oil, garlic, ginger, Sriracha and Greek yogurt until smooth. Add to pasta and serve garnished with sesame seeds and cilantro.

Ingredients

- 8 oz penne whole wheat pasta (such as Catelli Healthy Harvest)
- 2 tsp vegetable oil
- 1 cup sliced onion
- 1 1/2 cup sliced red bell pepper
- 1 cup edamame beans
- 3/4 cup diced mango
- 8 large shrimp
- Hoisin sauce**
- 3 tbsp hoisin sauce
- 2 tbsp low sodium soy sauce
- 2 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp minced garlic
- 1/2 tsp minced ginger
- 3/4 tsp Sriracha (add to taste)
- 3 tbsp plain Greek yogurt
- Garnish**
- 2 tsp toasted sesame seeds
- 1/4 cup chopped cilantro

Nutritional information

Per serving

- **Calories.** 270
- **Carbohydrates.** 40 g
- **Fibre.** 8.5 g
- **Protein.** 4 g
- **Total fat.** 13 g
- **Saturated fat.** .75 g
- **Cholesterol.** 80 mg
- **Sodium.** 600 mg

**TOTAL
TIME
ABOUT 30
MINUTES**

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DALPLEX



Don't be a jerk — just eat it instead

1. In a blender, combine 4 tablespoons of vegetable oil, scallions, chilis, soy sauce, lime juice, allspice, English-style mustard, bay

leaves, garlic, salt, sugar and thyme. Blend until mix forms fine paste. Transfer mix to re-sealable plastic bag. Add chicken and turn

to coat well on all sides. Refrigerate at least 24 hours and up to 2 days.

2. When ready to cook, heat the grill to medium.

3. For the salsa: In bowl, combine the watermelon, cucumber, shallot, mint, lime juice and sugar. Season with salt, then set aside.

4. Remove the chicken from its marinade, discarding marinade. Using a oil-soaked paper towel held with tongs, oil grill grates. Add chicken, skin side down, and grill 15 minutes. Turn pieces, then grill another 15 minutes, or just cooked through. Transfer to plate, cover

Ingredients

Marinade

- 4 tbsp vegetable oil
- 8 scallions, coarsely chopped
- 1 to 2 (to taste) Scotch bonnet chilies, coarsely chopped
- 3 tbsp soy sauce
- 3 tbsp lime juice
- 1 1/2 tsp ground allspice
- 1 1/2 tsp English-style mustard
- 2 bay leaves
- 2 large cloves garlic, crushed
- 1 tsp kosher salt
- 2 tsp sugar
- 2 tsp dried thyme

- 4 chicken breast halves (4 lbs total) on the bone with the skin, each chicken breast half cut in half

Salsa

- 2 cups diced seedless watermelon
- 1 cup diced seedless cucumber
- 2 tbsp finely chopped shallot
- 1/4 cup finely shredded fresh mint
- 3 tbsp lime juice
- 2 tsp packed brown sugar
- Salt



This Grilled Jerk Breast with Watermelon Salsa recipe makes eight servings. MATTHEW MEAD/THE ASSOCIATED PRESS

with foil and let rest 5 minutes. Serve each portion

topped with some salsa.

TON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS

Vegetable Pakoras: finger food 2.0



This recipe makes about 30 pakoras. ANNABEL LANGBEIN

1. Combine the chickpea or pea flour with cumin, coriander seeds, fennel seeds, curry powder and beer to form a smooth batter. Mix in the chopped fresh coriander, salt and pepper, baking soda, if using, and vegetables. Allow to stand for 5 minutes.

2. Heat 3-4 cm of grapeseed or other neutral oil in a deep fry pan and fry small spoonfuls of the pakora mixture in batches of 3-5 at a time for about 3 minutes, until golden and cooked through.

3. Remove the pakoras

from the oil with a slotted spoon. Shake off any excess oil and place them on paper towels to drain. Serve at once. Pakoras can be prepared ahead and reheated in a 200 C oven for 5 minutes before serving.

ANNABEL LANGBEIN, GUSTOTV.COM

Ingredients

- 2 cups chickpea or pea flour
- 2 tsp ground cumin
- 2 tsp coriander seeds
- 1 tsp fennel seeds, roughly ground or chopped
- 2 tsp curry powder

- 2 cups beer
- 1/2 cup chopped fresh coriander
- 1 1/2 tsp salt
- ground black pepper
- 1/4 tsp baking soda
- 3 packed cups finely chopped or

grated carrot, broccoli, peas, pumpkin, kohlrabi or other vegetables

To fry

- grapeseed, rice bran or other neutral oil

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DALPLEX



'Round the world wisdom

Are your thoughts helping or hindering you?

LESSONS FROM
THE DESERT
Stéfán Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

What's in our head when facing a big challenge? In the Gobi desert, I ran the first four marathons without much of a care. On the fifth day, a double marathon, I spent 10 hours with myself, questioning my capabilities.

The more my inner judge examined my weaknesses and doubted my abilities, the slower I ran. The self-fulfilling prophecy was realized and I learned a lesson that day: Were I to run an ultra-marathon again, I now knew I had the physical ability to thrive, but I needed to retune my inner voice. One year later, I signed up for the Sahara Race and went to work.

I wanted to alter my mental storytelling when things didn't go the way I wanted them to, and my plan was simple: As soon as a thought entered my mind, I would record it immediately in my phone while I ran in training.

I would also pay attention to my speed. Afterwards, I would listen to the conversations with a coach, dissecting each one and then correlating them to the speed at which I ran.

There was a mash-up of feelings, such as "I'm hurting," or "I'm bored," interrupted periodically with unfocused thoughts such as "I wonder what I'll have for breakfast."

As my coach and I listened to the recordings and cracked up at the ridiculousness of my running commentary, I rapidly came to understand that while my brain was firing off thoughts on the run, I was no longer fully in the moment. It was as if my thoughts consumed energy, depleting me and resulting in a slower running time than I was capable of.

I also discovered that we can tell ourselves incredibly disempowering, and at times even hurtful things, as opposed to uplifting ones.

In the end, the sheer act of voicing my inner thoughts to the recorder started to interrupt these thoughts. The recordings would in time deaden the voice.

It doesn't matter what hurdles we face — you can count on being hijacked by your feelings. Odds are, if you notice and record them, they will disappear, allowing you to replace them with thoughts that will help you reach your goals faster.

STÉFÁN DANIS IS THE CEO OF
NEXCAREER AND MANDRAKE, AND
THE AUTHOR OF GOBI RUNNER

Stitching up great style blog success

When closets compute.

The world's fashion-fuelled minds are fast turning typing into a fashionable pursuit

ANDREA
PARK

Metro World News

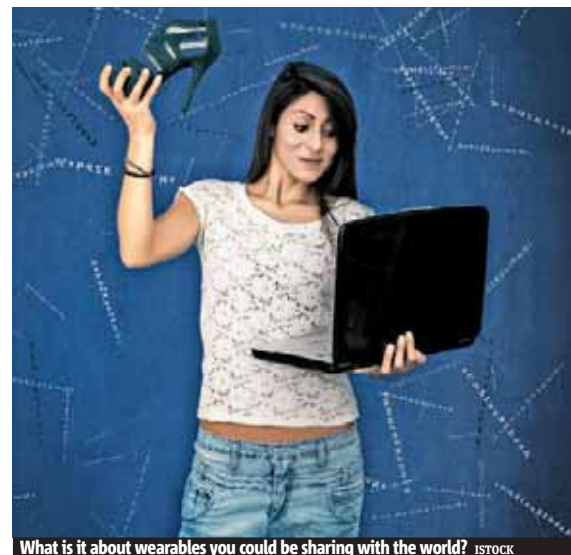
There's no blogging major at the Fashion Institute of Technology, but some of the college's students are building their future through their web presence instead of through the career office.

Freddy Rodriguez, who just graduated on Thursday, started his blog Blue Perk three years ago during the summer after his freshman year. At first, Rodriguez's blog was just a fun way for him to show off his stylish outfits, but in February 2013, he saw his readership explode after Tumblr featured him as a Fashion Week blogger. "I had press from Fashionista and Mashable and that's how I got a lot of presence and gained momentum," he said.

Rodriguez, 22, has had a wild ride thanks to his blog, which includes working on a special project with Billy Reid and taking trips as far as Thailand.

Rodriguez started making money from the blog one year ago. "I had some friends doing it full-time and realized that as long as I market myself accordingly and grow at the same rate, I could do it professionally," he explained.

Now, Rodriguez makes money from writing sponsored



What is it about wearables you could be sharing with the world? ISTOCK

Cash in on your computer

"There is money out there. Brands are realizing the worth of bloggers, and it grows as they continue to work on different blogs."

Freddy Rodriguez
Author of blog, Blue Perk

sored blog posts for brands like Kenneth Cole or Ted Baker and working on social media side projects, including his job as a community manager for Details.

His collective income is comparable to that of a fashion assistant and his savings will allow him to move to Europe, where he will travel and attempt to expand his

brand.

"There is money out there," he said. "Brands are realizing the worth of bloggers, and it grows as they continue to work on different blogs."

Tumblr featured Rodriguez again last fall as one of 20 Fashion Week "all-star" bloggers, along with two fellow F.I.T. students, Nicole Loher and Ryan Charchian.

Loher, who also graduated on Thursday, started her blog NicoleLoher.com in high school. "I had one of the first fashion Tumblrs and the people at headquarters took note," she said. Just as Loher was starting college in 2010, Tumblr sent her to Fashion Week as an editor.

Soon, Loher, 21, realized her blog could be more than a hobby.

"After my first year of college, I realized it was a career choice for some, and that it was profitable," she said. Today, Loher works at Nanette Lepore in social media and branding; she also earns money from her blog and side gigs like modelling for Gant Rugger Womenswear.

She said blogging has been more valuable to her career than her classes have been. "I learned most of it on my own," she said. "You can look at the textbook version, but you won't really understand it until it's applied. Blogging has given me that — I've learned to negotiate my own contract and pricing and that's definitely something you cannot learn in a textbook."



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The Cobequid Cultural Society would like to invite you to our **2014 Annual General Meeting on Tuesday, June 03 at 7 pm at the Sackville Heights Community Centre, 45 Connolly Road, Sackville, NS.** Guest Speaker, **Derek Martin, President of Sports Entertainment Atlantic (SEA)** will discuss the growing population in the Sackville area.

Interested parties are invited to attend. Memberships will be available at the door. Refreshments and light snacks will also be served.

For further information: www.cccas.ca

'Definitely a special feeling I'll never forget'

QMJHL. Luke Green taken first overall in draft, joins company of Crosby, MacKinnon



GEORDON OMAND
halifax@metronews.ca

It was a proud day for Nova Scotia hockey.

The province made quite the stir on Saturday, with five Nova Scotia players selected in the first round of the 2014 QMJHL draft in Sherbrooke, Que., including first-overall draft pick Luke Green.

Green — who lives in Hammonds Plains and played for the Dartmouth-based Newbridge Gladiators major midget hockey team — joined the ranks of Sidney Crosby, James Sheppard, Alex Grant and Nathan MacKinnon, all former Nova Scotian first-round draft picks.

"It doesn't get much better than that," said Green, all smiles just minutes after donning his Saint John Sea Dogs jersey for the first time.

"It was a definitely a special feeling I'll never forget."

Sea Dogs general manager Darrell Young described the 16-year-old defenceman as a special player with a strong, offensive upside and pro-calibre skating.

"He has the ability to skate in the NHL without a doubt," said Young.

"He wants to be involved in the offensive part of the game. We want to push offence from the back end and he's the perfect guy to do that."



Luke Green poses for a photo with his Saint John Sea Dogs jersey after being taken first overall in Saturday's QMJHL draft in Sherbrooke, Que. GEORDON OMAND/FOR METRO

Newbridge connection

4

The number of players drafted Saturday who attend school at Newbridge Academy in Lower Sackville. They are Luke Green, Eric Fitzpatrick, Matthew Green and Rowan O'Brien, a goaltender selected by the Gatineau Olympiques.

Green's twin brother Matthew will join him in Saint John — the Sea Dogs used their third pick to take the Newbridge for-

ward early in the second round.

Another one of Green's teammates, Eric Fitzpatrick — the draft's top-ranked goalie — went fourth overall to the Sherbrooke Phoenix.

"By far this is probably one of the best moments of my life," said the six-foot-two, 192-pound netminder, who described Henrik Lundqvist of the New York Rangers as his goaltending idol.

But he was quick to add his playing style more resembled the Montreal Canadiens' star Carey Price.

In a surprise move, Pictou County's Matt Sartoris was drafted 12th overall by the Gatineau Olympiques, despite his No. 70 ranking by QMJHL central scouting.

"It shows that you don't have to be scoring 50 goals a year to go in the first round," said the towering six-foot-five blue-liner about his first-round fortunes.

"I worked my guts off just to be here today and I'm really proud of myself."

As for Nova Scotia's strong

showing in the first round: "It's just unbelievable," said Sartoris.

"The Quebec guys have been taking the Nova Scotia, Maritimes spots over the years and it's just really amazing to have five Nova Scotia guys all go in the first round."

The two other Nova Scotia first-round picks were Sydney's Mitchell Balmas, who went seventh to the Charlottetown Islanders, and Halifax's Michael O'Leary, who went 14th overall to the Cape Breton Screaming Eagles.

Mooseheads score local recruits at draft

Otherwise well-spoken, Cole Harbour native Brett Crossley was at a loss for words when asked about being chosen as the Halifax Mooseheads first pick at the 2014 Quebec Major Junior Hockey League draft.

"I don't really know how to describe it ... I'm pretty ecstatic," said the six-foot, 160-pound forward.

"When you're at a young age and just starting hockey and the Mooseheads are your hometown team it's the NHL to you."

Crossley — who played two

years at Shattuck St. Mary's, a hockey prep school in Minnesota — said he is committed to wearing the Mooseheads jersey.

"I just couldn't be happier — in my opinion they're the best team in the CHL to play for," said the 16-year-old.

"The fans are just incredible — they give the team the fighting chance to win every game."

Crossley went 21st overall in the 2014 QMJHL Draft, which took place Saturday in Sherbrooke, Que.

"We think he'll be an all-round-type player ... with great



The Mooseheads selected forward Dominik Blain-Dupuis in the fifth round. GEORDON OMAND/FOR METRO

leadership abilities," said the team's general manager Cam Russell.

"(He's) a very intelligent

hockey player, offensively (and) defensively."

As for the team's second choice — American John Marino, who went No. 56 overall — Russell sounded optimistic, despite the possibility the 16-year-old defenceman may not report.

"It's a level of commitment we'll have to work with," said Russell. "We watched him play a lot this year and we felt the skill set that he has is too good to pass up."

For their third choice, the Mooseheads selected another

local player: the six-foot-two, 181-pound power forward Barrett Dachyshyn.

"(I'm) kind of speechless right now — it's pretty cool just being selected by my hometown team," said Dachyshyn from his home in Halifax.

As part of the trade to get Dachyshyn, the Mooseheads sent 20-year-old forward Andrew Ryan to the Bathurst Titan, all but assuring Jesse Lussier, Austyn Hardie and Philippe Gadoury will be the team's three overagers next season.

GEORDON OMAND/METRO

4 SPORTS

NBA Finals. Heat versus Spurs faceoff a sequel between near-equals

Over the last 10 seasons, only one NBA player has been part of more wins than LeBron James.

His name is Tim Duncan.

Their numbers over that decade are incredibly similar. Duncan has appeared in 622 regular-season and playoff victories, James has played in 621. Duncan is shooting 50.2 per cent from the field, James is shooting 50 per cent. Duncan has won two championships with San Antonio during this 10-season stretch, James has two with Miami.

Plus, when facing each other in the NBA Finals, both has won one, lost one.

Here comes the tiebreaker — a Finals rematch of high expectations.

Miami and San Antonio are the last teams standing for the second consecutive year, their next chapter starting on the Spurs' home floor Thursday night. The Heat won a wild ser-

Long time coming

This year's Finals is the league's first Finals rematch since Chicago and Utah played in 1997 and 1998.

ies last season for their second straight title, needing a frantic rally to avoid elimination in Game 6 and then riding the strength of a 37-point, 12-rebound effort from James to top the Spurs in Game 7.

"I think our guys, they actually grew from the loss last year," Spurs coach Gregg Popovich said. "I call it fortitude. I think they showed an unbelievable amount of fortitude. If I can compliment my own team humbly, to have that tough loss, especially the Game 6 and not have a pity party and come back this year and get back to the same position, I think that's fortitude." **THE ASSOCIATED PRESS**



LeBron James and Tim Duncan have led their teams all the way back to the championship series for a second season in a row. MIKE EHLMANN/GETTY IMAGES

Ricoh Sport Awards

Colley, Crosby earn N.S. awards

Canada's top university women's basketball player, Justine Colley, has won more hardware after being named the Sport Nova Scotia top female team athlete at Saturday's 2014 Ricoh Sport Awards in Halifax on Saturday night.

Colley led the Saint Mary's Huskies to the Atlantic Conference title this past season and was later named the CIS player of the year for women's hoops.

The top men's team athlete winner was Cole Harbour's Sidney Crosby.

METRO

French Open

Canadians swing into history books

Milos Raonic and Eugenie Bouchard made history for Canada on Sunday as both powered into the quarter-finals of the French Open.

Eighth-seeded Raonic, from Thornhill, Ont., dispatched Spain's Marcel Granollers 6-3, 6-3, 6-3, while Bouchard cruised past Germany's Angelique Kerber 6-1, 6-2.

"I'm not surprised to make my first Grand Slam quarter-final but I would not have thought I would have done it first here on clay," said Raonic.

THE CANADIAN PRESS



The Los Angeles Kings celebrate defeating the Chicago Blackhawks 5-4 in overtime in Game 7 to win the Western Conference final at United Center on Sunday in Chicago. JUSTIN HEIMAN/GETTY IMAGES

Kings closer to cup after another stunner

NHL playoffs.

Resilient squad 7-0 in elimination games

Game 7

5

Kings

4

Blackhawks

Alec Martinez scored at 5:47 of overtime, and the Los Angeles Kings beat the Chicago Blackhawks 5-4 in Game 7 of the Western Conference finals Sunday night.

Martinez's shot went off Blackhawks' defenceman Nick Leddy and over goalie Corey Crawford, stunning the sellout crowd at the United Center and leading to a wild on-ice celebration for Los An-

geles. Leddy was disconsolate as the Kings gathered in a big huddle along the boards.

Los Angeles improved to 7-0 in elimination games with its third Game 7 win on the road this post-season. It will host the New York Rangers in Game 1 of the Stanley Cup

finals on Wednesday night.

"We never say die ... someone described us as a bunch of cockroaches that don't go away," Martinez said.

Justin Williams and Tyler Toffoli each had a goal and an assist for the Kings, who once held a 3-1 lead in the series, only to have the defending champion Blackhawks come back to force Game 7. Jeff Carter scored his ninth playoff goal in the first, and Marian Gaborik had the tying goal midway through the third period.

Patrick Sharp scored two goals for the Blackhawks, who blew a 2-0 lead. Brandon Saad

had a goal and an assist, and Patrick Kane had two more assists.

Chicago's loss means Detroit remains the last NHL team to win consecutive titles in 1997 and 1998.

The Kings also got 37 saves from Jonathan Quick in another resilient performance for Darryl Sutter's team. Los Angeles trailed San Jose 3-0 in its first-round series and was down 3-2 to top-seeded Anaheim in the second round before rallying each time.

Gaborik, Williams and Mike Richards each improved to 7-0 in Game 7s.

THE ASSOCIATED PRESS

Habs' Price won't need surgery

Montreal Canadiens goal-tender Carey Price said Saturday the "lower body" injury he suffered in the NHL Eastern Conference final won't need surgery.

Price's playoffs ended in the second period of the series opener after New York Rangers forward Chris Krieder crashed into him while on a breakaway. He would only call it a lower-body injury,

although he was wearing a brace on his right knee in the days after the incident.

"Over time it's going to get back to normal," he said. "I actually got really lucky, it could have been a lot worse than it was."

Price lay on the ice for a moment after the collision early in the second period of New York's 7-2 victory, but finished the period. He was

substituted by backup Peter Budaj for the third.

No penalty was called on the play, although teammate Brandon Prust said Kreider's crash was "accidental on purpose."

"I don't think he did it intentionally and I don't think he tried to miss me either," said Price. "He was coming in with a lot of speed and he lost his footing." **THE CANADIAN PRESS**



Carey Price talks with reporters at the team's training facility Saturday. PAUL CHIASSON/THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

Listen to what friends and relatives tell you but don't think you have to follow their advice. Deep down you already know what needs to be done, so why not just pluck up the courage and get on and do it?

Taurus

April 21 - May 21

Be careful when dealing with people today, especially if money is involved. Anything that sounds too good to be true likely is, so don't let enthusiasm, or greed, get the better of you.

Gemini

May 22 - June 21

Keep your thoughts to yourself over the next 24 hours. It won't be easy but the planets warn if you speak too freely it could rebound on you in ways you had not expected.

Cancer

June 22 - July 23

Sometimes in life things occur for no reason, so stay calm and accept what happens today, no matter how annoying it might be. Most likely in the greater scheme of things it is of only minimal importance.

Leo

July 24 - Aug. 23

A number of strange, even bizarre, things are likely to happen over the next 24 hours but none of them can do you any harm so don't take them too — or yourself — too seriously.

Virgo

Aug. 24 - Sept. 23

Keep your plans to yourself today. The less others know about what you are up to the better. You don't have to be dishonest but you do have to realize there are people who don't want to see you succeed.

Libra

Sept. 24 - Oct. 23

This is still one of the best times of the year for you but that does not mean you can do as you please. The planets warn you may need to take extra care today and tomorrow when dealing with travel plans.

Scorpio

Oct. 24 - Nov. 22

If you are dishonest when dealing with others today they will be dishonest with you later. You don't need to tell lies or cut corners to get what you need!

Sagittarius

Nov. 23 - Dec. 21

If there is something you want to sort out with a loved one, be quick about it. Mercury, planet of communication, turns retrograde on the 7th, making it much harder to make a friendly connection. Speak now.

Capricorn

Dec. 22 - Jan. 20

Are you working more for others than for yourself? According to the planets you are, so let those who are taking advantage of your generous nature know that's as far as it goes. And mean it.

Aquarius

Jan. 21 - Feb. 19

If you kid yourself into believing that certain things are true when they clearly are not it could lead to a costly mistake. If you must take a risk make sure you know all the facts.

Pisces

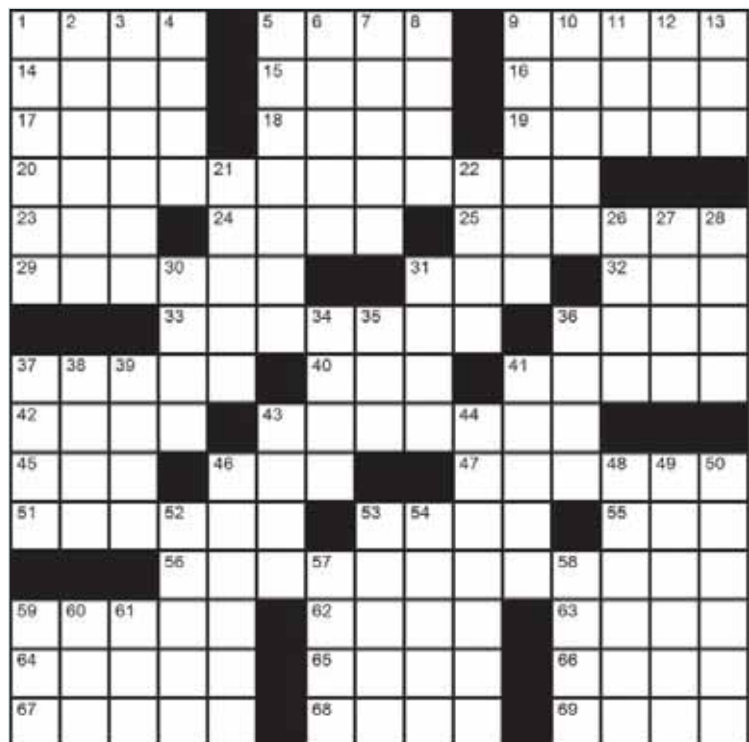
Feb. 20 - March 20

Spell out in plain language what it is you expect of others. At home and work misunderstandings are likely today, so take your time and make sure everyone knows what they should be doing. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Trade
5. Radar signal
9. The Viscount ____ (Canada's first Governor General, from 1867 to 1868)
14. Painter, Guy ____ du Bois
15. Ancient symbol
16. Scent
17. "____ my Anabel Lee..." - Edgar Allan Poe
18. Feed the kitty
19. Wandering woofer
20. Victoria landmark known for its beautiful stained glass windows, ____ Castle
23. Water wiggler
24. Too
25. Peter ____ (Winnipeg actor who plays Nick Collins on the police series at #49-Down)
29. Do what the WWE does, fun-style
31. Mr. Sajak
32. Not now
33. Hybrid instruments
36. Mike's "Wayne's World" (1992) co-star
37. Bargain events
40. Tokyo, once
41. More sweet
42. Farming implement
43. Mayim Bialik's '90s sitcom
45. River inlet
46. Canadian actor Mr. Bennett
47. One of Quebec's Magdalen Islands, Havre-____



51. Piano company
53. Filmmaker, Gus Van ____
55. Onetime bird deposit
56. Fun/upbeat music genre: 3 wds.
59. ____ centre
62. Boo-Boo's pal
63. Torch type
64. Beatles: "Eight Days

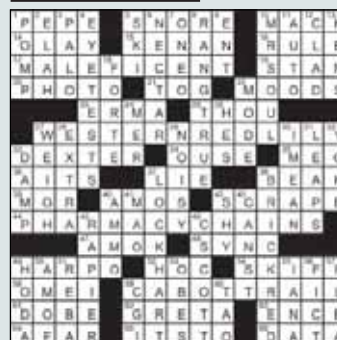
- ____"
65. Discharge
66. Beam
67. Windblown silt
68. Baseball's Sammy
69. Notices
- Down**
1. Dish-seasoning person

2. "____ fun bunch." ...said the family booking an adventure holiday
3. Yearly records
4. Mani-____ (Beauty parlour service)
5. Movies: Mr. Cooper
6. Belonging to Rome's moon god-

- dess
7. Something's start, shortly
8. ____ pressure
9. Ace, to the Toronto Blue Jays
10. 'Straight'-meaning prefix
11. Neither's pal
12. Taylor Swift's let-

- tered award
13. Mary ____ (Cosmetics company)
21. Strong winds
22. Grannies: German
26. Clean
27. Sea eagle, vari-
28. 2014
30. Distort
31. Fors
34. Prefix to 'gram' (Message kind)
35. Brouhaha
36. Silly
37. Nimble
38. Et ____ (And others, in Latin)
39. Planter's purchase
41. Jean ____ (drug store chain)
43. Tell all
44. Ms. Patel, "ET Canada" Entertainment Reporter
46. Food Network Canada's "____ Day Off"
48. HRE's 'E'
49. Global's "____ Blue"
50. Easy hole-entering golf shots: 2 wds.
52. Trees: Fir, fancy-style
53. Sports replay speed: 2 wds.
54. Ancient shield
57. Farewells
58. Boardroom events, briefly
59. Pres. Coolidge
60. Pacific island, ____ Jima
61. Sweater neck shape

Friday's Crossword

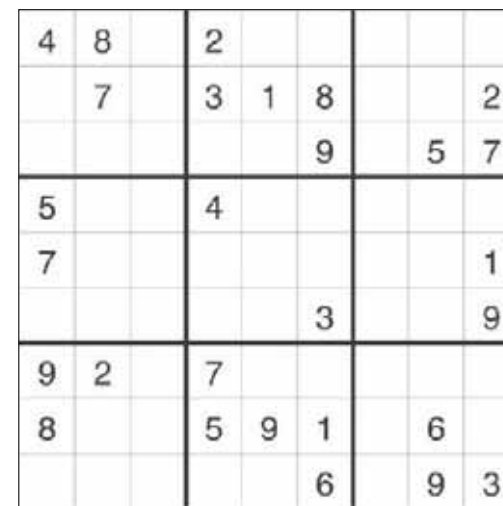


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

23°/8°

Partly cloudy

Tuesday

20°/10°

Sunny

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2013 HYUNDAI SANTA FE

PREMIUM AWD, AUTO, A/C, POWER GROUP, AWD,

~~\$32,159~~ FROM **\$25,990*** | **\$0** DOWN

**SAVE
\$6,160**

4 LEFT **\$153*** BW

FREE TRIP FOR 2
TO FLORIDA



2013 HYUNDAI ELANTRA GL

4 DOOR, AUTO, A/C, POWER GROUP,

~~\$21,894~~ FROM **\$15,990*** | **\$0** DOWN

**SAVE
\$5,104**



3 LEFT **\$91*** BW

FREE TRIP FOR 2
TO FLORIDA



2013 HYUNDAI ACCENT GL

4 DOOR, AUTO, A/C, POWER GROUP

~~\$18,244~~ FROM **\$13,990*** | **\$0** DOWN

**SAVE
\$4,254**

2 LEFT **\$79*** BW

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